

LABEL LINGO



EXCEPTIONAL CARE. WITHOUT EXCEPTION.

1 Carbohydrate Serving = 15g Carbohydrate

What to Look for:

1. Check the Serving Size

- Is this the amount you are planning to eat?

2. Total Carbohydrate (Carb)

- Total Carb has the biggest effect on blood sugar
- Total Carb includes any fiber, sugar, and starch
- All of these are added together under Total Carb
- You do not have to look at 'sugar' separately

Dietary Fiber:

- Fiber does not have any calories
- Fiber may be subtracted from the Total Carb grams:
(36g – 8g fiber = 28g Total Carb)
- Choose foods with at least **3 grams** of fiber per serving

3. Total Fat

- The Total Fat should be limited to help control your weight and reduce your risk for heart disease.
- Low fat foods have no more than **3 grams** fat per serving.

Saturated Fat Look for < 1 gram per serving

Trans Fat Look for 0 grams per serving

Whole Grain Cereal

Nutrition Facts

Serving Size: 1 cup (53g/1.9 oz.)
Servings Per Container: About 8

Amount Per Serving	
Calories 190	Calories from Fat 25
% Daily Value**	
Total Fat 3g*	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Potassium 300mg	9%
Total Carbohydrate 36g	12%
Dietary Fiber 8g	32%
Soluble Fiber 3g	
Insoluble Fiber 5g	
Sugars 13g	
Protein 9g	14%
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 10%
Phosphorus 10%	Magnesium 10%
Copper 8%	
* Amount in Cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (6g sugars), and 4g protein.	
** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less Than 65g 80g
Sat. Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g
Calories per gram:	
Fat 9	• Carbohydrate 4 • Protein 4

INGREDIENTS: Soy Grits, Hard Red Winter Wheat, Long Grain Brown Rice, Whole Grain Oats, Barley, Rye, Buckwheat, Sesame Seeds, Evaporated Cane Juice Syrup, Corn Meal, Corn Flour, Soy Protein, Wheat Bran, Oat Flour, Corn Bran, Honey, Natural Flavors, Calcium Carbonate, Salt

CONTAINS SOYBEAN AND WHEAT INGREDIENTS

Label Terms	Definition
Fat Free	0.5 gram fat or less per serving
Low Fat	3 grams fat or less per serving
Low Saturated Fat	1 gram saturated fat or less per serving
Trans Fat Free	0.5 gram trans fat or less per serving
Lean	Less than 10 grams of fat, 4 grams of saturated fat, and 95 mg of cholesterol per serving
Light	1/3 less calories or 1/2 less fat than the regular version, or no more than 1/2 the sodium of the regular version
Reduced	25% less of a specific nutrient, or 25% fewer calories than the regular version
High fiber	5 grams fiber or more per serving
Low Sodium	140 milligrams sodium or less per serving
<p>Terms <u>not approved</u> by the Food and Drug Administration (FDA) (Nutrition information for these terms varies from label to label)</p>	
Low Carb	FDA has not defined this term
Net Carb or Impact Carb	The grams of carb remaining carbs after subtracting “sugar alcohols”, “fiber” and sometimes “glycerin” from total carbohydrate grams.